We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Amharic
- Arabic
- Bosnian
- Chinese
- Farsi
- Greek
- Hindi
- Inuktitut
- Italian
- Korean
- Lao
- Nepali
- Punjabi
- Russian
- Somali
- Spanish
- Swahili
- Tagalog
- Urdu
- Vietnamese

To see other available resource lists, or to request other topics or languages, please contact us: https://libguides.lib.umanitoba.ca/wrha

Available in alternate format on request
Multilingual Resource Guide...

Nutrition: Amharic

These sites give information in Amharic on topics related to Nutrition.

- Vitamin D: [http://bit.ly/2gVZr7h](http://bit.ly/2gVZr7h)
Multilingual Resource Guide...

Nutrition: Arabic

These sites give information in Arabic on topics related to Nutrition.

- Healthy Eating Plate: http://bit.ly/2gW415q
- Food and nutrition: http://bit.ly/2gW6qwU
- Healthy eating video: http://bit.ly/2gVU1cm
These sites give information in Bosnian on topics related to Nutrition.


- Healthy breakfasts: [http://bit.ly/2gW1sQN](http://bit.ly/2gW1sQN)


- Childhood obesity: [http://bit.ly/2gVUrPV](http://bit.ly/2gVUrPV)

These sites give information in Chinese on topics related to Nutrition.

These sites give information in Farsi on topics related to Nutrition.


- Iron: [http://bit.ly/2gVX0Sa](http://bit.ly/2gVX0Sa)

- Calcium and vitamin D: [http://bit.ly/2gW0UdY](http://bit.ly/2gW0UdY)

- Fibre: [http://bit.ly/2gW0STo](http://bit.ly/2gW0STo)

Multilingual Resource Guide... 

**Nutrition: Greek**

These sites give information in Greek on topics related to Nutrition.

- Eating well to maintain weight: [http://bit.ly/2gW1k3M](http://bit.ly/2gW1k3M)
- Eating well when you are older: [http://bit.ly/2gW5TeG](http://bit.ly/2gW5TeG)
These sites give information in Hindi on topics related to Nutrition.

- Tips for healthy eating: http://bit.ly/2gW0VhG
- Healthy snacks for kids: http://bit.ly/2gW8Hlt
- Food groups and portions: http://bit.ly/2gW8ZiG
These sites give information in Inuktitut on topics related to Nutrition.

These sites give information in Italian on topics related to Nutrition.

- Heart healthy eating: [http://bit.ly/2gW2v3g](http://bit.ly/2gW2v3g)
- Calcium: [http://bit.ly/2gW2Key](http://bit.ly/2gW2Key)
- Vitamin D: [http://bit.ly/2gW5XuV](http://bit.ly/2gW5XuV)
These sites give information in Korean on topics related to Nutrition.

- Calcium and vitamin D: [http://bit.ly/2gWcNAw](http://bit.ly/2gWcNAw)
These sites give information in Lao on topics related to Nutrition.

These sites give information in Nepali on topics related to Nutrition.

- Vitamin D: [http://bit.ly/2gWaoWu](http://bit.ly/2gWaoWu)
These sites give information in Punjabi on topics related to Nutrition.


Multilingual Resource Guide...

Nutrition: Russian

These sites give information in Russian on topics related to Nutrition.


- Breakfast: http://bit.ly/2gW8lSq


These sites give information in Somali on topics related to Nutrition.


These sites give information in Spanish on topics related to Nutrition.

- Intro to nutrition: http://bit.ly/2gWd9ao
- Pregnancy and nutrition: http://bit.ly/2gWaLAN
- Dietary sodium: http://bit.ly/2gWb1iy
- Dietary protein: http://bit.ly/2gW8UM2
- Obesity: http://bit.ly/2gWbFge
- Malnutrition: http://bit.ly/2gW6D3o
- Iron: http://bit.ly/2gWaKMP
These sites give information in Swahili on topics related to Nutrition.

- Food groups and meal planning: http://bit.ly/2gW9jhw
- Childhood obesity: http://bit.ly/2gW9HfO
These sites give information in Tagalog on topics related to Nutrition.

- Meal planning for diabetes: [http://bit.ly/2gW7st0](http://bit.ly/2gW7st0)
These sites give information in Urdu on topics related to Nutrition.


- Cholesterol: http://bit.ly/2gWcHst

Multilingual Resource Guide...  

*Nutrition: Vietnamese*

These sites give information in Vietnamese on topics related to Nutrition.


- Healthy eating for healthy aging: [http://bit.ly/2gWg6HP](http://bit.ly/2gWg6HP)


- Calcium and Vitamin D: [http://bit.ly/2gW5Z5M](http://bit.ly/2gW5Z5M)

- Dietary fats: [http://bit.ly/2gWeEp2](http://bit.ly/2gWeEp2)